

# UREC GROUP FITNESS FALL 2017

MONDAY AUGUST 21ST- THURSDAY DECEMBER 7TH

CYCLE

CARDIO/STRENGTH

CARDIO

MIND & BODY

STRENGTH

WATER

## HPER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:15-7:15AM	216		SUNRISE YOGA		SUNRISE YOGA		
11:30AM-12:20PM	220	TRIPLE FIT		TRIPLE FIT			
12:30-1:20PM	216	UREC BARRE		UREC BARRE		UREC BARRE	
4:30-5:20PM	216	BODY SCULPT	YOGA	BODY SCULPT	YOGA		
5:30-6:20PM	216	UREC BARRE	POUND®	UREC BARRE	POUND®		
6:30-7:20PM	216		KRAV MAGA	P90X®	UREC BARRE		YOGA 6:30-8:00PM
7:30-8:20PM	216			UREC BARRE			

## CYCLE

6:00-6:50AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
12:00-12:50PM	CYCLE					CYCLE	
12:30-1:00PM	CYCLE		HIIT the CYCLE		HIIT the CYCLE		
5:00-5:50PM	CYCLE		CYCLE		CYCLE		
5:30-6:20PM	CYCLE	CYCLE		CYCLE			CYCLE
6:00-7:00PM	CYCLE		CYCLE & MORE		CYCLE & MORE		

## AQUA

11:00-11:30AM	POOL		POOLSIDE STRENGTH & CORE				
11:30AM-12:30PM	LAP LANES		WATER POWER				

## UNION

6:15-7:15AM		SUNRISE YOGA		SUNRISE YOGA			
8:00-8:50AM			HIIT FIT		HIIT FIT		
11:30AM-12:20PM			UA FAC/STAFF FIT		ZUMBA®		
12:00-12:50PM		PILATES FUSION		PILATES FUSION		YOGA	
12:30-1:30PM			YOGA		YOGA		
1:30-2:30PM		TRIPLE FIT		TRIPLE FIT		TRIPLE FIT	
2:00-2:50PM			BODY SCULPT		BODY SCULPT		
3:30-4:20PM		LEANER, FITTER, STRONGER	P90X	LEANER, FITTER, STRONGER	P90X		
4:30-5:20PM		YOGA		YOGA		YOGA	TRIPLE FIT 4:00-5:00PM
5:30-6:20PM		BOLLYX®	ZUMBA®	BOLLYX®	ZUMBA®	ZUMBA®	ZUMBA® 5:30-6:20PM
6:30-7:20PM		YOGA	TRIPLE FIT	ZUMBA®	TRIPLE FIT		
7:30-8:20PM		HIIT FIT	CARDIO DANCE	HIIT FIT	CARDIO DANCE		
8:30-9:20PM		ZUMBA®	YOGA	YOGA	YOGA		

## WELLNESS CENTER

11:00-12:00PM		YOGA+ MEDITATION		YOGA+ MEDITATION			
12:20-1:20PM			YOGA EMPOWERMENT		YOGA EMPOWERMENT		

A modified schedule will be held during finals week: Monday, December 11 - Friday, December 15

Classes will not be held during the following dates:  
 Labor Day: Sunday, September 3 - Monday, September 4  
 Fall Break: Sunday, October 15 - Tuesday, October 17  
 Thanksgiving Break: Wednesday, November 22 - Sunday, November 26

# UREC GROUP FITNESS FALL 2017

## CYCLE

### CYCLE

Get ready for this high-energy, low impact workout on our computerized indoor Matrix bikes. Combine an intense calorie burn with an electric group atmosphere to experience an incredible cardiovascular workout. This workout is both safe and fun for all ability

### CYCLE & MORE

This class is split into two parts, the first 30 minutes consist of a low-impact, high-intensity bike workout and the last 20 minutes can be spent doing strength training, core exercises, stretching, or combination of all three.

### HIIT the CYCLE

Need a quick workout? Try this quick and fun cycle class that will alternate brief speed and recovery intervals to increase the overall intensity of your workout. This 30 minute cycle class is sure to help you reach performance goals and enhance your fitness and well-being.

### TRIPLE FIT

This class that incorporates cardiovascular training, resistance training, and abs all in one. This fun and energizing class not only improves cardiovascular endurance, but also flexibility and core strength.

### UREC BARRE

This full body workout will fuse elements of Pilates, ballet, yoga and functional training for a fun and uplifting workout.

### KRAV MAGA

Krav Maga includes kicks, punches, and other vigorous aerobic moves that will boost strength and stamina. Participants will also learn how to defend themselves with basic stances, striking, and self-defense methods.

### P90X®

P90X® is a fitness system designed to get you in the best shape of your life. The class is composed of intense workouts that use resistance and body-weight training, cardio, plyometrics, ab work and more.

### LEANER, FITTER, STRONGER

This strength and intervals class is designed to keep heart rates high while challenging all muscle groups with combination exercises and agility movements.

### HIIT FIT

This workout includes high intensity interval training and will alternate intervals of sports conditioning drills and strength training followed by active recovery to create one exhilarating workout.

### ZUMBA®

Love to dance? This class, inspired by traditional cumbia, salsa, cha-cha, samba, reggaeton, and meringue music is a fun and effective way to improve your cardiovascular fitness. This class pairs pulsating Latin rhythms with red hot dance steps. Fun for all fitness levels.

### BOLLYX®

Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. All levels welcome.

## MIND & BODY

### POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

### SUNRISE YOGA

Gently awaken mind and body with stretches and postures to open the heart and muscles. This flow yoga class begins with sun salutations and ends with gentle stretching.

### YOGA

Develop the physical body with strength, stamina, and flexibility; the emotional body with stability, confidence, and discernment; the mental body with awareness, concentration, and focus.

### PILATES FUSION

This class combines yoga and Pilates using a variety of equipment and body weight to gain body awareness, flexibility and strength.

### YOGA + MEDITATION

Discover the potential power of being present in the moment while going through gentle stretching, focused breathing and meditative relaxing postures that unite the mind and body.

### YOGA EMPOWERMENT

An energizing class focusing on activation of the body and mind through pranayama (breath work), asana (movement), and drishti (focus).

### BODY SCULPT

This workout utilizes various types of resistance equipment to sculpt the body and increase strength and muscular endurance.

### POOLSIDE STRENGTH & CORE

Increase core strength with a series of exercises on the pool deck.

### CORE & MORE

This core workout will increase abdominal strength and tone your abs and lower back muscles.

### WATER POWER

This cardio conditioning class incorporates lap swim, kicking, water running, and water weights. Basic swimming skills required.

### UA FACULTY/STAFF FIT

A weekly fitness class just for faculty/staff. The class format will vary from week to week and will include Zumba, Yoga, Pilates Fusion, Body Sculpt, Total Body Conditioning, Triple Fit, U-Jam and Leaner, Fitter, Stronger. A UREC membership is not required to participate. Simply bring your U of A ID, a towel, water bottle, comfortable exercise apparel, and non-marking shoes. Free locker storage for valuables is provided.